

## Varsity College Year 12 Sport and Recreation 2025

### Term 1

Week	Date	Topics	Assessment
1	27-31 January O-Week Australia Day: Monday	<ul style="list-style-type: none"> <li>Introduction to Officiating</li> <li>Officiating sport- Roles and responsibilities</li> </ul>	
2	3-7 February	<ul style="list-style-type: none"> <li>Community Officiating Essential Skills Course (online)</li> <li>Module 1- 'Who you officiate'</li> <li>Module 2- 'How to improve'</li> </ul>	
3	10-14 February Swimming Carnival: Tuesday Y11,12 Parent Information Session: Monday	<ul style="list-style-type: none"> <li>Module 3- 'What you officiate'</li> <li>Module 4- 'How you officiate'</li> </ul>	
4	17-21 February	<ul style="list-style-type: none"> <li>Module 5- 'Where you officiate'</li> <li>Module 6- 'How you connect'</li> <li>Module 7- 'How you engage'</li> </ul>	
5	24-28 February	<ul style="list-style-type: none"> <li>Career opportunities in officiating</li> </ul>	
6	3-7 March GCS25: Wednesday	<ul style="list-style-type: none"> <li>Evaluating officiating performances</li> </ul>	
7	10-14 March	<ul style="list-style-type: none"> <li>Assessment performance preparation</li> </ul>	
8	17-21 March	<ul style="list-style-type: none"> <li>Performance of officiating</li> </ul>	<b>Project (Performance) due lesson 3</b>
9	24-28 March	<ul style="list-style-type: none"> <li>Plan, perform, evaluation due</li> </ul>	
10	31 March - 4 April Cross Country Carnival: Thursday	<b>EXAM BLOCK</b>	
<b>School holidays: Friday April 4 - Sunday April 19</b>			

## Term 2

Week	Date	Topics	Assessment
1	21-25 April Easter Monday ANZAC Day: Friday	<ul style="list-style-type: none"> <li>• Introduction to 'Fitness for Sport and Recreation' – Fit for Sport focus</li> </ul>	
2	28 April-2 May GCS25: Tuesday	<ul style="list-style-type: none"> <li>• What does it mean to be fit? Defining fitness</li> <li>• Fitness assessment</li> </ul>	
3	5-9 May Labour Day: Monday	<ul style="list-style-type: none"> <li>• Fitness testing</li> <li>• Fitness assessment</li> </ul>	
4	12-16 May Parent Teacher Interviews: Monday	<ul style="list-style-type: none"> <li>• How the body gets fit</li> <li>• Analysing Fitness results</li> </ul>	
5	19-23 May	<ul style="list-style-type: none"> <li>• Staying fit – injury prevention &amp; Training Program</li> </ul>	
6	26-30 May	<ul style="list-style-type: none"> <li>• Staying fit – quality training &amp; Training Program</li> </ul>	
7	2-6 June GCS25: Wednesday	<ul style="list-style-type: none"> <li>• How the body gets fit part 2 &amp; Training Program</li> </ul>	
8	9-13 June GCS25: Wednesday	<ul style="list-style-type: none"> <li>• Assessment Preparation</li> </ul>	
9	16-20 June	<ul style="list-style-type: none"> <li>• Assessment</li> </ul>	<b>Project due lesson 2</b>
10	23-27 June Athletics Carnival: Thursday	<ul style="list-style-type: none"> <li>• <b>Evaluation</b></li> </ul>	
<b>School holidays: Saturday June 28 - Sunday July 13</b>			

### Term 3

Week	Date	Topics	Assessment
1	14-18 July	<ul style="list-style-type: none"> <li>Getting Formal &amp; Life after school FIT</li> </ul>	
2	21-25 July Future Pathways Expo Y11, 12 Parent Information Session: Wednesday	<ul style="list-style-type: none"> <li>Training methods + general fitness</li> </ul>	
3	28 July-1 August Parent Teacher Interviews: Monday	<ul style="list-style-type: none"> <li>Training principles + general fitness program</li> </ul>	
4	4-8 August	<ul style="list-style-type: none"> <li>Exploring a training type – motivation + general fitness program</li> </ul>	
5	11-15 August GCS25: Tuesday	<ul style="list-style-type: none"> <li>Training sessions + general fitness program</li> </ul>	
6	18-22 August GC25 (Finals): Tuesday	<ul style="list-style-type: none"> <li>Customising a training session + performing project (video footage)</li> </ul>	
7	25-29 August GC Show Day: Friday	<ul style="list-style-type: none"> <li>Project preparation and evaluation</li> </ul>	<b>Project (Performance) due lesson 3</b>
8	1-5 September	<ul style="list-style-type: none"> <li>Project evaluation</li> </ul>	
9	8-12 September	<b>MOCK EXAMS</b>	
10	15-19 September	<b>MOCK EXAMS</b>	
<b>School holidays: Saturday September 20 – Sunday October 4</b>			

### Term 4

Week	Date	Topics	Assessment
1	6-10 October <small>King's Birthday: Monday</small>	<ul style="list-style-type: none"> <li>Class fitness challenges</li> </ul>	
2	13-17 October	<ul style="list-style-type: none"> <li>Class fitness challenges</li> </ul>	
3	20-24 October		
4	27-31 October	<b>EXTERNAL EXAMS</b>	<b>External Assessment: Unit 3 and 4</b>
5	3-7 November		
6	10-14 November		
7	17-21 November	<b>Final Week Events</b>	